8-Week Old Learns To Swim

Joseph William Bishop, son of Mr. and Mrs. Paul Bishop of Richmond and the grandson of Mrs. W. Curtis Paulette of Appomattox has been swimming alone since the age of eight weeks. Shown here in the pool this summer, Joe continues to swim at the YMCA since the weather is cooler. He swims completely alone from one parent to the other and enjoys other water play.

The Bishops taught Joe to swim after seeing infants being taught in Hawaii and reading a book on the subjcet. Joe's pediatrician also encouraged them. Joe was introduced to the water at age seven weeks and was swimming alone a week later. Now at five months of age, he still enjoys the independence and exercise that he experiences while swimming.

Joe was born in Frankfurt, W. Germany and moved back to Virginia at the age of 2½ weeks for his dad to enter the graduate program in Hospital and Health Care Administration at the Medical College of Virginia.

What are his plans for the 1996 Olympics? At this time, he refuses to comment!

ANNE LEIGH AND AMY KERR eagerly look over items for sale at St. Anne's Bazaar this Saturday, November 6 at the American Legion Hall.

Everyone is invited to come by and look at the many gift items and baked goods they will offer for sale.

Local Man In NATO Exercise

Navy Lieutenant (junior grade) James L. Burcher, son of Mr. and Mrs. Garland F. Burcher of Route 4, Appomattox, Va., participated in the NATO Exercixe "Display Determination" in the Mediterranean Sea.

He is a crewmember of the frigate USS Moinester deployed with the U. S. Sixth Fleet. His command joined with naval forces from Portugal, Italy, Turkey and the United Kingdom for the combined cise which included convoy operations, amphibious assault landings and anti-submarine warfare maneuvers.

The primary objective of the exercise was to train NATO naval forces in combined sea operations, to refine NATO procedures and ensure that operational plans were current.

Participating units evaluated increased standarization of doctrines, equipment and armaments among NATO forces, plus command and control procedures for coordinated action by NATO sea, land and air forces.

The convoy operation tested Allied capabilities to reinforce and resupply ground forces in Southern Europe. Acting as opposing forces, NATO units simulated surface, subsurface and air attacks along the convoy's route.

"Display Determination" was one of a series of annual operations, conducted each fall from Norway to Turkey, designed to provide unified and coordinated training of national and NATO forces within the Allied European Command.

A 1972 graduate of Virginia Polytechnic Institute and State University, Blacksburg, Va., with a bachelor of science degree, he joined the Navy in June 1973.

Named Mental Health Chairperson

Mrs. Owen Henderson of Evergreen was named Mental Health Chairperson for the December '76 campaign, announced Lawrence A. Davies, President of the Mental Health Association of Virginia.

As Chairperson, Mrs. Henderson will recruit volunteers to go house-to-house during December.

The Mental Health Association of Virginia is a citizens' volunteer organizaiton, with members dedicated to informing the public about mental illness and mental health, while helping the mentally ill and their families.

As citizen advocates, the associaiton works to see that government funds are spent effectively. Members would like to see a greater emphasis in state mental health dollars go to children and community mental health services.

The Mental Health Association believes that educaiton is a key factor in preventing mental health problems, and offers free literature to the public on alcoholism, children's mental health, sexuality, depression and other mental health topics. For information, write to the Mental Health Association of Virginia, 1806 Chantilly St., Suite 203, Richmond, Va. 23230.

Christmas Crafts Day Nov. 3

Special Christmas Crafts Day will be held on Wednesday, November 10, 1976 between the hours of 10:30 a.m. and 8:30 p.m., sponsored by the Campbell County Recreation Department.

The public is cordially invited to view the exhibits which will be on display all day at the Campbell County Recreation Department. This building is the old Fidelity Bank building facing the main street in Rustburg; second building west of the Court House.

The exhibit will include many types of tree ornaments, candles, wreathes, wall hangings, center pieces, special children's corner of easy crafts, decorated eggs, etc.

Informal demonstrations and oral presentations will be given by the exhibitors at the following times: 11:00 a.m., 4:00 p.m., and 7:30 p.m. A special presentation on Christmas entertaining will be given at 11:00 a.m., as well as craft demonstrations.

There will be a free Christmas crafts booklet available for all those who come. All of the crafts described in the book will be on display at the exhibit.

The exhibit and demonstration are free to the public. Plan now to get into the spirit of Christmas; come and bring a friend!

CLASSIFIED ADS GET RESULTS

JUNIORS SELLING MAGAZINES AGAIN

For the next two weeks, the Junior class of A.C.H.S. will be raising funds through magazine subsciption sales. We are asking the citizens of Appomattox County to support our junior class by supporting this worthwhile project.

The junior class held a special meeting on Thursday, October 28, 1976. The meeting was called to order by our president, Linda George. Devotions were given by our chaplain Robin Moore. The minutes were read by our secretary, Nancy Stratton and approved. The treasurers reports were given by Anthony Johnson on the band committee and Pam O'brian on the theme committee.

The meeting was then turned over to Mr. Jack Stanley, of Quality School Plan, who informed us of the prizes and benefits of the subscription sales. He also instructed us about the methods of selling the magazines. Our goal is $3700.00

The meeting was then adjourned.

Marzetta Hodnett, Reporter

Pamplin

Our sympathy is extended to the family of Mrs. Henry Davis.

Mr. and Mrs. Harold Southern, of Norfolk, enroute from a vacation in South Carolina, returned home last Monday after a visit with relatives.

Mr. and Mrs. Roy Lucado have returned home from Nassawadox where they attended the funeral of Mrs. Lucado's brother-in-law.

Mrs. Ren Speer, of Orlando Fla., returned home last Monday after a visit with her relatives here and also in Petersburg.

Mrs. Joe Jurney and family of Daseville visited her parents last Sunday.

Relatives were notified of the death of Mrs. Susie Baldwin Tanner, of Wheaton, Ill, funeral services were held at Springhill Cemetery, Lynchburg last Friday. She was the daughter of the late Mr. and Mrs. R. D. Baldwin.

TO HEAD MENTAL HEALTH CAMPAIGN

Linda G. DeNitto of Appomattox was named Mental Health Chairperson for the December '76 campaign, announced Lawrence A. Davis, President of the Mental Health Association of Virginia.

As Chairperson, Linda DeNitto will recuit volunteers to go house-to-house during December.

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MISS JORDAN'S 4-H CLUB MEETING

The meeting was called to order by our new president, Glen McClenny. The secretary read the minutes and they were approved. Mr. Sweet and Mr. Goldman told us about new project books. The meeting was adjourned.

Norman Walker, Reporter

VA Questions & Answers

EDITOR'S NOTE: Following are representative questions answered daily by VA counselors. Full information is available at any VA office.

Q - I am a widow eligible for Civilian Health and Medical Program of the Veterans Administration (CHAMPVA). If I remarry, how would this affect me and my children's entitlement?

A - Your remarriage would not affect your children's CHAMPVA entitlement, but yours would be terminated.

Q - Can a veteran be certified for fewer school credits than he is actually taking, in order to preserve his GI Bill educational entitlement?

A - No. The school must certify the total number of credits being pursued.

Q - I had two enlistments, the first was honorable and was a completed enlistment. The second enlistment was under dishonorable conditions. Can I be granted service connection for disabilities that occurred in either of these enlistments?

A - You may be paid compensation for disabilities incurred during the first period of service, Compensation would not be payable for service which ended in a dishonorable discharge. Disability payments may be made only where service upon which the claim was made is terminated by release under conditions other than dishonorable.

Elected To A. Angus Association

Mr. and Mrs. Thomas V. D. Lee, Rt. 3, Appomattox have been elected to membership in the American Angus Association at St. Joseph, Missouri, announces Lloyd D. Miller, executive secretary.

There were 195 memberships issued to breeders of registered Aberdeen Angus in the United States during the past month.

PUBLIC AUCTION SALE

JOHNNY R. and HILDA McCORMICK PROPERTY [Home] BACK OF GUILL'S #2 SERVICESTATION ON STATE SECONDARY ROAD #1028

By Power of Attorney executed by the owners, the undersigned will offer for sale the hereinbelow described real estate.

SATURDAY NOVEMBER 13, 1976 AT 1:00 P.M. ON THE PREMISES

The McCormick tract of land in Southside District of Appomattox County, Virginia, fronting on the north side of Route 1028 just below Guill's Service Station and Restaurant #2, adjoining the lands of Mayola Phelps, C. C. Woods, Jr., Harry Ferguson and Abbitt, and Arthur Blackwell, supposed to contain approximately one-fourth (¼) acre. Good house and well.

TERMS: 10% downpayment day of sale.

Balance closing date with reasonable time for title to be examined and necessary deeds prepared.

W. M. ABBITT
Attorney in Fact for the Owners

PERCY GEORGE, Auctioneer

AUCTION

To settle the estate of the late Francis Smith, we are offering for sale at Public Auction the following valuable real estate and personal property.

Saturday, Nov. 13 — 11:00 a.m.

Duplex

MAIN FLOOR: 2 Apartments with both consisting of 2 bedrooms, living room with fireplace, kitchen with refrigerator, built-in oven and countertop range.

TERRACE LEVEL: 1 apartment roughed in with fireplace. Laundry room and storage space for apartments. Well and septic sufficient for 3 apartments.

SALE CANCELLED UNTIL FURTHER NOTICE

Lot: 1.71 acres, has excellent garden space. ...ched garage and workshop.

Location: Approx. 1 mile off Rt. 460 in Sr... Va. Take road 689 off Rt. 460, turn on road 647 at old church and watch for auction sig...

...ONAL PROPERTY

4 Split Bottom Chairs
1 Duncan Phyfe Table
2 Antique Lamps
Picture Frames
Set of Left Handed...
Set of Right H...
Handmade...
GE Dish... New)
2 E...
Coffe...

Old Books
...Dresser
Lamps
Curtain Rods
Dishes
Handmade Spoon & Fork Set - Wooden
Antique Cream and Sugar
Oak Table
Marble Top Washstand

Curved Front China Press
Old Dough Tray
Old Radio
Old Trunk
Old Chest
Small Desk
Lot of Old Chairs
1 Hand Sprayer
2 Mahogany Chairs

Many Other Items Too Numerous To Mention.

Lunch will be available Terms: 10% on Real Estate day of sale; balance on delivery of deed; Cash on personal property. Owner Financing Available: 10% D/P Balance over 15 Yrs. at 8% interest. For further information contact

GEORGE'S AUCTION SERVICE

403 W. CONFEDERATE BLVD., APPOMATTOX, VA. Phones 352-5534, 352-8488 or 352-8991

Coming November 6

Directory Assistance Charging

Here's why, and how it will work...

- Soaring Directory Assistance calls for listings readily available in the telephone directory are costing Continental Telephone Company thousands of dollars a year...and that eventually works its way back to the customer. Charging for Directory Assistance is intended to help control these volumes and thereby control expenses.
- Beginning November 6 Continental will charge 10¢ for each call to Directory Assistance in excess of an allowance of six (6) calls per main telephone line per billing period.
- Charging will not occur until after the sixth call. This will help recover some of the cost of providing the service from those customers who use it the most.
- The Directory Assistance operator will provide a maximum of two phone numbers on each call. The charge will apply only to calls within the state of Virginia and if the local calling area extends into another state jurisdiction.
- The handicapped will not be charged for Directory Assistance calls, and there will be no charge for Directory Assistance calls from hotels, motels, hospitals and coin phones, or out-of-state long distance Directory Assistance calls.

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The experts—performers, conductors, composers and teachers of great music—demand a piano of the highest standard of excellence. To earn a reputation as one of the great pianos of the world, a piano must win the approval of these experts. Few pianos today can meet this test; few are submitted to it. When so many outstanding leading professional musicians prefer and request a piano for performance and practice, it is proof that this piano has passed this highest test. It is indisputable testimony to the superior caliber of that piano. The voluntary endorsement by many of the world's foremost concert artists unquestionably establishes that one of today's leading pianos is the BALDWIN

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Beware of Bargain-Priced Pianos.

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ASCS Today

By Tom Conrad

By Tom Conrad

1977 Agricultural Conservation Program [ACP] - The ASCS office reminds farmers that the initial signup period for the 1977 ACP will end on Nov. 12, 1976. If you are interested in cost-sharing for improving permanent vegetative cover (fertilizing and liming) or application of lime (lime only), the county office will be glad to assist you with your application.

After the County Development Group has met (hopefully by the New Year) the remainder of the 1977 ACP practices will be put into effect and another signup period will be held.

PROVEN WHEAT YIELDS - It is possible for wheat producers to prove their yields and have preliminary wheat yields established on the basis of actual production rather than yields established by the County Committee. If you are interested in establishing a proven wheat yield bring your production records to the County Office by Fri., Nov. 5, 1976 and file a request for establishing a wheat yield which will be posted to our office records.

DISASTER - Farmers, who suffered a loss on their corn or grain sorghum crops due to the drought, may be eligible for a low yield disaster payment. If you feel that you have a loss you should file your application within 15 days after you complete harvesting it for grain or as soon as you decide you will abandon the crop.

For corn or grain sorghum that will be abandoned we will need to make an appraisal to determine the yield per acre. This should be done as soon as possible but before the crop is destroyed.

Production records and records of sales should be kept separate for each farm.

Producers who have already filed for a disaster payment are reminded to notify the office when they complete harvesting the crop so we can process their application for payment.

CONCORD

Campbell County Senior Citizens Services activities for this week at the following Senior Centers:

Altavista Center will have the November Senior Club meeting at 2 p.m. Monday, Wednesday's activities include art lessons and a weekly study group and table games for Friday.

Brookneal center will have a blood pressure screening on Wednesday. Mrs. Hazel DeJarnette will do the screening. Individuals are reminded that a blood pressure screening should never take the place of regular visits to a personal physician.

Concord center will open at 10 a.m. on Wednesday for fellowship, games and crafts. Mr. Fred Davis with Central Virginia Commission on Aging will present information on the area Discount Program for Senior Citizens. This program will begin at 10:30 a.m.. The Plum Branch Woman's Club will serve a luncheon at noon.

Gladys center will have a games party on Thursday. Mrs. Fannie Mayberry and Mrs. Adele Markham will be hostesses for the day.

Rustburg center will have a demonstratin on Tuesday by Mrs. Anna Elcan, VPI & SU Extension division on Christmas Crafts and foods.

Timbrook center will have games and handicrafts on Tuesday and Thursday. The monthly club business meeting will be at 12:30 p.m. tuesday.

CONCORD CUB SCOUTS

Cub Scout Troop 155 will hold a meeting Monday Nov. 8th at 7 P.M. at Bethlehem United Methodist Church. All cub scouts are urged to attend. Anyone interested in working with this cub scout troop please contact Lawrence Hamlett, Scoutmaster, at 993-2744.

That's all for now folks, see you soon!

Faye W. Bryant, reporter

Presents Program at AES

Mr. and Mrs. Charles Albert Brockwell came to Mrs. Betty Bryan's and Mrs. Dorothy Oliver's 6th grade classes on November 1, 1976 to speak on Ancient Egypt and the Holy Land. They showed slides of these places.

Laura Walton, Reporter

HOLLYWOOD

A lot of little folks out trick or treating Saturday night came knocking at this correspondents' door which she enjoyed so much and looks forward to each year.

Mr. and Mrs. Kenneth Deaner attended the C. B. Convention held in Roanoke last weekend.

Mr. and Mrs. Leslie Turns & Mr. and Mrs. Bennett Gilliam of Farmville were supper guests of Mrs. W. T. Covington Thursday. They all visited Mr. and Mrs. J. L. Torrence Thursday evening.

Delorious Ann and Dawn Deaner were weekend guests of Mr. and Mrs. W. H. Wingfield & damily. Mr. and Mrs. Ray Williams of Lynchburg visited in this home sunday afternoon.

Mr. and Mrs. thomas Woodall & Lisa called in the home of Mr. and Mrs. L. H. Watson Thursday night.

Mr. and Mrs. R. N. Webb visited Mr. and Mrs. David Smith Friday. we are so glad Mrs. Smith is home from the hospital & improving nicely.

Mr. and Mrs. L. L. webb, Miss Joyce Webb, Miss Odell Webb & Mr. Walker Webb visited Mrs. Robert Morris & family of buckingham Sunday.

Mrs. Gladys Johnson, Mrs. Lougenia Doss and Mrs. Calvin Robinson visited Mrs. W. T. Covington one afternoon last week. Mrs. Russell Conner & Mrs. M. L. covington visited in this home Saturday afternoon.

Mrs. W. T. Covington spent the weekend with Mrs. Mary Bagby. Mr. and Mrs. James Woodall visited Mrs. Bagby & Mrs. Covington Sunday afternoon.

Mr. and Mrs. R. G. Austin & Tom, Mrs. James Maxwell, Mrs. Ruby Woodall & Lisa, Mrs. Bill Watson & April, & Mr. Walker Webb were callers in the home of Mrs. Mary Bagby during the week.

Mr. and Mrs. Richard Webb visited Miss Nannie Webb and others in the Jamerson home in Pamplin Sunday afternoon.

Va. Baptist Hospital To Receive $20,000 Grant

Virginia Baptist Hospital of Lynchburg is receiving a grant for $20,000 to establish a comprehensive cardiac rehabilitation center, according to dr. David B. Walthall, III, resident of the American Heart Association, Virginia Affiliate. The grant was made possible through the joint effort of the Virginia Department of Vocational Rehabilitation and the American Heart Association.

Charles Elliott, Executive Director of Baptist Hospital, formally signed the mutual agreement, which states that selected staff at the hospital will receive intensive, specialized training in cardiac rehabilitation.

The physicians who will coordinate the program at Virginia Baptist Hospital are DRs. Charles Sackett and Joseph Pond, both of Lynchburg.

The Lynchburg facility is the fourth center to be opened in a proposed statewide network of 10 to 12 programs targeted for completion by June 1978. Its purpose is to assist victims of heart attack in returning to optimal life styles.

The Virginia Baptist Hospital center will be the first in this Virginia network to be operated in conjunction with AMSCO/REHAB, a division of American Sterilizer Company, which services over 70 such cardiac rehabilitation centers in the United States.

Dr. Walthall, America Heart Association spokesman, indicated that the Comprehensive Cardiac Rehabilitation Project is divided into three phases: in-patient, out-patient and home program. The in-patient program involves patient-family education and a carefully monitored low level exercise program for the heart patient. The second phase allows for a more intensive exercise program, continuously monitored by electrocardiograph, primarily conducted on a treadmill and stationary bicycle (ergometer). These exercise therapy sessions. The last segment involves physician prescribed home exercise program like walking, jogging or bicycling, patterned to individual capabilities.

With over 90,000 individuals alive in Virginia today with a history of heart attack, it is anticipated that comprehensive cardiac rehabilitation centers such as the Lynchburg site will reduce disability due to myocardial infarction and other cardiac-related diseases among Virginians and return them to gainful employment in increased numbers.

INTERSTATE CONSTRUCTION CAUSING "SLOW-DOWNS"

The Interstate 64 construction activity parallel to US 60 over North Mountain between Clifton Forge and Lexington is causing some slow-downs and delays in the normal flow of traffic, the Va. Dept. of Highways & Transportation said today.

L. G. Ferris, the department's resident engineer for the area, said that slow-moving trucks and movements of heavy equipment were causing some backups of traffic because of the limited passing zones and curves through the mountains.

Local automobile ushers traveling between Clifton Forge and Staunton may prefer to use VA through Goshen during day-light hours, he suggested, which could make it easier for truckers using US 60 and lessen congestion for contractors while providing a greater margin of safety in the work area.

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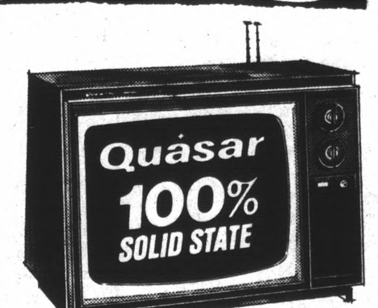

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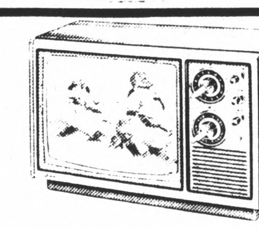

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The way to wrap up all your Christmas morning money worries well in advance is with Fidelity's Christmas Club. Like the real Santa, you simply plan ahead. Put a little money every week for fifty weeks in the Christmas Club and Fidelity will add five percent interest on your paid up Club as their Christmas gift to you. It's the best way to insure "a merry Christmas to all." Especially yourself.

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